



AVOCADO



WHERE ARE AVOCADOS FROM?

Question

Where are avocados from?

Answer

Avocados are grown in **TROPICAL** climates:



- Hawaii
- California
- Florida
- Mexico



**ARE THERE
DIFFERENT
TYPES OF
AVOCADO?**

Question

Are there different types of avocado?

Answer



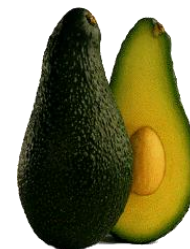
Bacon



Fuerte



Lambhass



Pinkerton



Gwen



Hass



Zutano



Reed

Of the many different varieties of avocado available, these eight are the most common!



**WHAT IS THE MOST POPULAR
TYPE OF AVOCADO?**

Question

What is the most popular type of avocado?

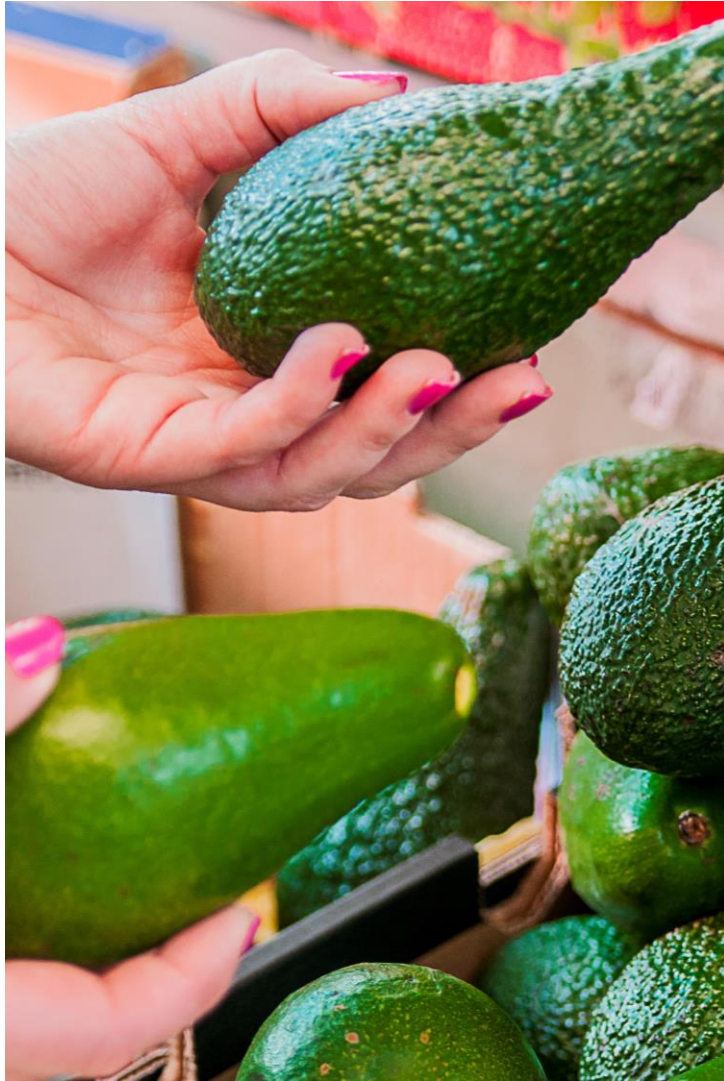
Answer



- The **Hass Avocado** is the most popular
- Available **year-round**
- Also called the “**Alligator Pear**”

it's **pear-shaped**...

and has **bumpy** skin!



**WHAT IS THE
BEST WAY TO
CHOOSE AN
AVOCADO IN
THE GROCERY
STORE?**

Question

What is the best way to choose an avocado in the grocery store?

Answer

Choose an avocado that is:

Green **Hard** all over,
Not Bruised, **Heavy.**

When SHAKEN, the avocado should not RATTLE!

This avocado will be ready to eat in about 4 days, when it has ripened:



A background image of an avocado tree with several green, bumpy avocados hanging from the branches. The image is slightly blurred and has a dark green overlay. The text "HOW DO AVOCADOS RIPEN?" is centered in white, bold, sans-serif font. A thin white horizontal line is positioned below the text.

HOW DO AVOCADOS RIPEN?

Question

How do avocados ripen?

Answer

Avocados ripen once they are picked from the tree.

To test ripeness, **feel** the avocado!

(Ripe avocado should feel **soft, not mushy!**)





FIRM

Days to ripe: 4-5



BREAKING

Days to ripe: 1-2



RIPE

Days to ripe: 0



OVERRIPE

PAST RIPE

DO AVOCADOS CHANGE COLOR AS THEY RIPEN?

Question

Do avocados change color as they ripen?

Answer

Avocados change color as they ripen

Rancid, overripe avocado may smell bad!



HOW CAN AVOCADO RIPENING BE CONTROLLED?

Question

How can avocados ripening be controlled?

Answer

To **speed up** ripening: Store avocado in a paper bag with a banana



To **slow down** ripening: Store ripe avocado in the refrigerator

Never store unripe avocado in the fridge!



Preparing avocado

1

After washing your avocado...



Slice avocado in half, around the centre pit

Preparing avocado

2 Twist the two avocado halves apart



Preparing avocado

3

Scoop the pit out with a spoon

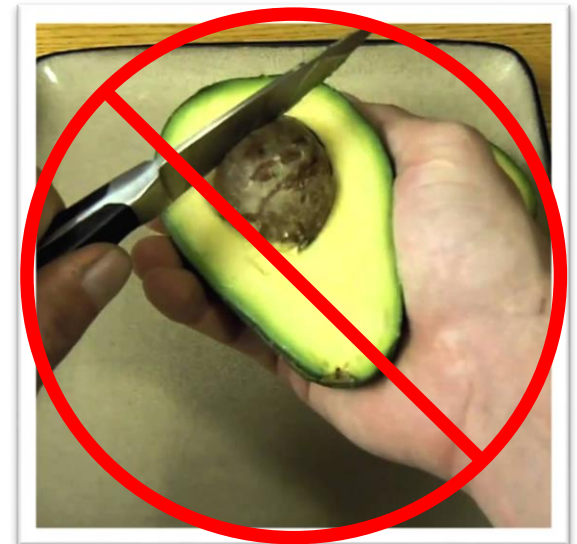


OR

Place the avocado into a clean **cloth in your hand**. Then **insert blade** into pit, and **twist** to remove



DO NOT place the avocado directly in your palm when using a knife to remove the pit



Preparing avocado

4

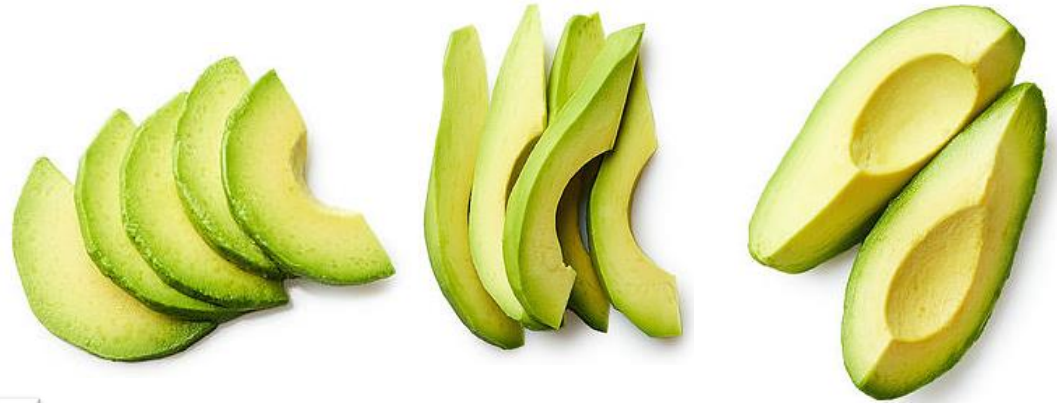


Scoop avocado out of skin using a spoon

Preparing avocado

5

**Cut avocado
into slices, or ...**



**... mash avocado using a
fork to make a spread**



**HOW CAN
AVOCADO
BROWNING
BE
PREVENTED?**

Question

How can avocado browning be prevented?

Answer

Like an apple, an avocado will turn **brown** if **exposed to the air**.



Sprinkle the avocado with **lemon juice** to **prevent browning**.



CAN BABIES EAT AVOCADO?

Question

Can babies eat avocado?

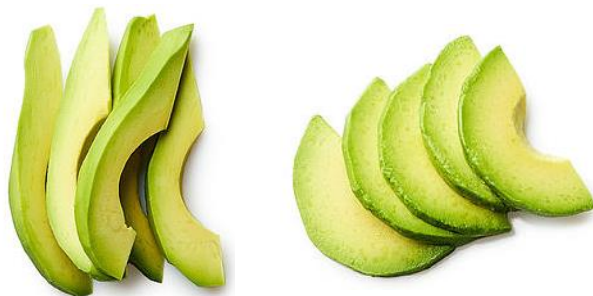
Answer

Avocado is a great food to feed your baby!

For babies **SEVEN** months old, mash up the avocado.



For babies **NINE** months old, slice the avocado.





**HOW SHOULD PEELED
AVOCADO BE STORED?**

Question

How should peeled avocado be stored?

Answer

Cover peeled avocado and store in **refrigerator** for up to **two days**, or ...



... Store **mashed** avocado mixed with **lemon juice** in an **airtight container** in the **fridge** for **two days**, or the **freezer** for up to **six months**.